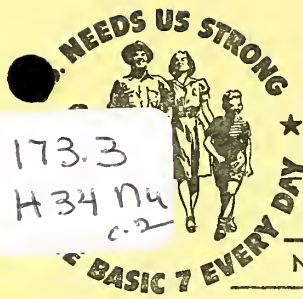


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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

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## News Letter

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### HOMEMAKERS VOLUNTARILY CONSERVE

While the Government was making good its pledge to send tremendous shipments of wheat and considerable amounts of some other foods abroad, the homemakers of the Nation were cooperating with the voluntary conservation program.

A country-wide survey was made the latter part of April by means of a questionnaire mailed out to a representative cross-section of homemakers. The results (released June 24) indicate that more than two-thirds of the homemakers of the United States had changed or were planning to change their daily menus at the time of the April study. These findings are in accord with several national polls of the public's response to the famine emergency conservation program.

The following details of replies to the questionnaire are interesting to note: Fuller use of vegetables and other foods as a means of conserving wheat, wheat products, and food fats and oils were frequently reported as a change in the meal plan. Homemakers reported the use of less bread, more potatoes and other vegetables, more fruit, less fats and oils, less frying and baking, and use of oatmeal and corn meal in baking when available.

Fats and oils were being conserved by collecting and using all drippings, eliminating deep-fat frying, rendering excess fat from meat, making one-crust pies, using cooked salad dressings, and baking and broiling meat and fish instead of frying.

Victory gardens were reported for 64 percent of the homes, which is an increase of 2.1 percent over 1945. Eight out of ten said the 1946 garden was planned with the thought of counteracting the current food shortages.

### CONSERVATION STILL VITALLY IMPORTANT

We have reported to the Famine Emergency Committee the active part that nutrition committees have taken in

the campaign, and have shared with it the various releases prepared by a number of State nutrition committees. Much as you and other groups have done, there is still work to do. As long as the stores are short of some foods that everyone would like to have, nutrition committee members and other educational leaders may well emphasize the importance of understanding and patience. Reminding people that the items they miss are being used to help feed hungry people according to our commitments may help folks to be patient over the weeks of uncertain and irregular supplies. Allowing for certain shortages, we still have not only a wide but a nutritionally adequate variety in this country. Throughout the summer many seasonal, perishable foods will be abundantly available. These should be used to the fullest possible extent in day-to-day meals, and the extra abundance should be preserved for next winter's meals.

Suggestions for rounding out the menu with seasonal abundances and other plentiful foods are probably the most urgent need of many homemakers. At the same time such concrete help is offered, forceful appeals should continue to be made for everyone to—

Conserve, so as to share, scarce foods.

Use plentiful foods.

Waste nothing.

Preserve as much as possible.

The crisis seems to be nearly past, but the "period of convalescence" from hunger will continue not only for months but for some years to come in many parts of the world.

### LATE GARDENS, CANNING BEES, WINTER FOOD

Early August is still "time to plant gardens" for late summer and fall harvesting in many parts of the country. And there will be garden products to put up for 3 months in many sections. Home canning, neighborhood canning bees, and use of the community food



preservation centers are all "the order of the day" for a nutrition committee wanting worth-while programs to feature. The recent publicity afforded by National Home Food Preservation Week, July 15-22, has stimulated new interest on many sides. That interest should be kept alive until the last surplus is preserved.

#### PERMANENT SCHOOL LUNCH LEGISLATION

Better lunches for more children the country over should soon be the result of the National School Lunch Act which was signed by President Truman on the 4th of June. Congress, in passing this permanent legislation for the school lunch program, declared its policy "as a measure of national security, to safeguard the health and well-being of our Nation's children and to encourage the domestic consumption of nutritious agricultural commodities and other foods, \* \* \*."

The National School Lunch Act (known as Public Law 396 of the 79th Congress) authorizes Congress to appropriate funds for the U. S. Department of Agriculture to assist States in "the establishment of nonprofit school-lunch programs." The money will be given as grants-in-aid to States to reimburse schools for food and equipment purchases. The act limits funds for equipment to \$10,000,000 annually; money for food will vary according to the amount deemed necessary by Congress.

Apportionment to the States will be made according to the number of children between the ages of 5 and 17, inclusive, in the State, and the per capita income of the State as related to that of the United States. The law requires that the funds be matched dollar for dollar until 1951. After 1951 and until 1955 the State's matching increases to \$1.50; thereafter the matching increases to \$3. However, States with a per capita income below that of the United States average have a lower matching requirement and also benefit by a relatively higher apportionment of funds.

The money will be channeled through the State Department of Education or other agency designated by the Governor. Although State departments of education will deal directly with the schools in making reimbursements, the U. S. Department of Agriculture will be responsible for administration of the

national program. The Secretary of Agriculture is responsible for seeing that the provisions of the act are carried out. The ratio of reimbursement is based, as in recent years, on the type of lunch served, with the maximum for Type A because of its high nutritive value. (More detailed information about program enclosed herewith.)

#### NOTES FROM THE FIELD

GEORGIA.—The second quarterly meeting of the State Nutrition Committee, held in Atlanta on April 23, drew a very representative group of leaders. This was a joint meeting, with the State leaders of the Famine Emergency Program and the Second Food for Peace Committee of the Georgia Citizens Council. Its purpose was to consider Georgia's part in all food emergency programs, determine ways in which the State and county nutrition committees could make their most worth-while contribution, and consider the best ways for Georgia people to remain as well fed as possible without consuming heavily the food products critically needed in famine-stricken areas all over the world. These subjects were discussed in the afternoon session by members of a panel representing various agencies and professional groups in the State.

In the morning Elmer H. Wene, Assistant to the Director of the President's Famine Emergency Committee, outlined the challenge of our world food responsibilities. A staff member of the Georgia Department of Health presented some of the nutritional and medical problems in Europe, illustrating his talk by slides that depicted some conditions of malnutrition in Holland.

Points for nutrition committees to emphasize in the emergency food program were summarized by the chairman at the close of the meeting.

SOUTH DAKOTA.—By means of a memorandum sent out on April 17, the chairman of the State Nutrition Committee urged full cooperation of home economists and other leaders on the famine emergency program. In June the State Nutrition Committee gave wide distribution to a mimeographed circular prepared by its Emergency Food Conservation Program subcommittee. This material contained many practical suggestions to homemakers for using sparingly at home those foods which we were asked to share with other countries. The com-



mittee has also actively promoted gardening and home food preservation.

VERMONT.—The Vermont Famine Relief Program had an auspicious send-off on April 4 when F. H. LaGuardia, Director General of UNRRA, met with the Vermont Committee of One Hundred. Members of the executive committee of the State Nutrition Committee have been active participants in the program, as have other nutrition committee members. Articles have been prepared, and talks have been given to lay groups. Various subcommittee assignments have been fulfilled, and money has been raised to carry on the work of the Vermont Famine Relief Committee. Not only in the State Nutrition Committee, but also in the county and local nutrition committees, members have functioned actively to obtain full understanding and cooperation in the emergency program. The importance of home gardening and food preservation has been stressed in relation to the need to conserve and share.

ARIZONA.—The State Nutrition Council reports the various means it has taken to promote the Famine Emergency Program in Arizona. The council held a State meeting on April 6 to explain the food emergency to representatives of various Government agencies, school lunch and cafeteria managers, church groups, home economics teachers, and many others. Around 500 copies of a summary report of the program were distributed at that time, with encouraging results. The nutrition council also got in touch with local food committee chairmen, and provided them with material to distribute. Over 2,000 copies have been sent to housewives. Since the first contacts were made, the nutrition council has continued to prepare material and to reach other groups and individuals.

SOUTH CAROLINA.—A different approach to the problem of sharing scarce foods and using plentiful ones was made by the State Nutrition Committee when it passed the following resolution in May:

"WHEREAS, there is dire need for wheat to be shipped to the famine areas of the world, and WHEREAS, the Famine Emergency Committee urges that abundant foods be used in place of wheat, the South Carolina Nutrition Committee recommends that local potatoes, now abundant, be used where possible in place of bread, and that fresh fruit, especially peaches, be used in place of pastries, cakes, and desserts."

LOUISIANA.—The April issue of "Lifting the Lid," distributed monthly by the State Nutrition Committee, was given over in large part to "Briefs on the world food picture," practical suggestions on ways to conserve, and reports on emergency food campaign activities as carried on in the Parishes.

NORTH DAKOTA.—State-wide attention is being centered on food preservation and the school lunch program because of a home economics workshop held at the State Agricultural College July 8 to August 15. The workshop program is organized in two units: (1) Food preservation by freezing, 5 credits; and (2) School lunchroom management, 3 credits. The announcement describes in detail the territory to be covered in background subject matter and in laboratory techniques, and states: "Specialists of national renown will participate in this program."

CHICAGO.—The annual report (1945-46) of the Chicago Nutrition Association, formerly the Chicago Nutrition Committee, states that its program has been carried on by subcommittees. Of the 12 committees, 8 are concerned with the educational program and 4 with "constitution, finance, membership, and nominating." A few selected items from the account of the year's accomplishments follow:

Work with schools and school lunch has been continued. Through the effort of the schools committee, a nutrition consultant has been lent to Northwestern University for the summer workshop for elementary teachers. Through contacts with the committee, two supervisors in the Catholic schools have become interested in nutrition education and have started very effective nutrition programs in schools which they supervise. The schools committee has been actively promoting school lunch programs through talks and articles, and three school lunch conferences have been held in Cook County during 1945-46.

Materials prepared during the year include a bibliography on school lunches and a 1-page leaflet for high school children entitled "Why Do I Eat?"

The weekly News Release service to 103 neighborhood papers was continued during the entire year. When editors were visited, it was found that they use the service and wish to have it continued.

A food conservation committee was organized to give technical assistance

and prepare materials as needed by individuals, organizations, and subcommittees of the Chicago Famine Emergency Committee.

WASHINGTON.—The State Nutrition Committee calls attention to a monthly news letter for school lunch cooks, issued first in April by the College of Home Economics of the State College at Pullman. Each month, from September through May, a different agency represented on the nutrition committee will be responsible for publishing this news letter, the aim of which is to keep up the interest of the cooks in improving the school lunch. The tentative list of titles for coming issues includes: "Menu building," "Nutrition education in the elementary school," "Sanitation," "Buying and storing of food," and "What the home economics teachers can contribute to the school lunch."

MICHIGAN.—The State Nutrition Committee reports that a food preservation committee was appointed in March with representatives of all interested State agencies, both lay and professional, as members. A State-wide meeting was held in April, at which time plans for coordination were drawn up. The following agencies and groups pledged their support in furthering home production and preservation of food: Women's page editors of city newspapers, editors of college publications, representatives of the baking industry, home service directors of public utility companies, Department of Vocational Education, Extension Service, Farm Security Administration, U. S. D. A. Councils, Michigan Home Economics Association, Michigan Dietetic Association, women's auxiliaries of U. A. W. and of C. I. O., Michigan Congress of Parents and Teachers, Michigan Garden Committee, and the chairmen of several county nutrition committees.

Encouragement to the food preservation program was given by the announcement of the Department of Vocational Education that it will continue to operate 200 community canning centers this year. With the cooperation of the nutrition committee, these centers are to be kept open daily.

Continuous support to famine emergency and food preservation has been given by nutrition committee members in the following ways: Some member of the State Nutrition Committee has appeared on the program of most State conven-

tions held during the spring, to urge all-out cooperation by the delegates. Publicity material has been prepared and cleared through the Governor's Famine Emergency Committee; much of this publicity is pointed toward food preservation. The spring issue of the Michigan Nutrition Bulletin, which reaches all county nutrition committee chairmen, gave many suggestions for county cooperation on the famine emergency program, including home food production and preservation. The nutrition committee's special weekly radio program has featured broadcasts on first-hand reports by returned veterans about food situations in various countries, accompanied by pleas for food sharing. These broadcasts have been interspersed with informational talks on gardening and food preservation.

NEW MATERIALS (Samples not enclosed)

"Our Children" is the title of the third film released for use in the famine emergency campaign. (The first two were "Freedom and Famine" and "Suffer Little Children.") This newest 16-mm. film, with sound, is available through your State university film library, your State Agricultural Extension Service, or your local film distributor. In 4 minutes' showing time, it makes a very dramatic appeal on behalf of the world's children.

The National Food Guide folder and the Basic-7 wall chart have been revised By the Bureau of Human Nutrition and Home Economics to include recommended servings within each food group. Now in press, they will probably be available some time in September through the Office of Information, U. S. D. A., Washington 25, D. C.

Sincerely yours,



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W. H. Sebrell, Associate Chief  
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